

### **CBCHS Mission Statement**

Our mission is to enhance the health and well being of individuals through innovative, responsive services delivered in partnership with our community.

### **Values**

- **Respect** for each individual, for families and for the diverse cultures within our communities
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues for other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

### **Vision Statement**

Quality. Community. Wellbeing

**Address all correspondence to  
THE CEO  
CENTRAL BAYSIDE COMMUNITY  
HEALTH SERVICES**

**HEAD OFFICE  
335 NEPEAN HIGHWAY PARKDALE  
TEL 8587 0200 FAX 8587 0210**

**A range of other services are also  
available from the following venues**

**DENTAL CLINIC  
335 NEPEAN HIGHWAY PARKDALE  
TELEPHONE 8587 0350**

**ADULT COMMUNITY OPTIONS  
299 CENTRE DANDENONG ROAD CHELTENHAM  
TELEPHONE 9581 1111**

**CHELSEA  
3/1 THE STRAND CHELSEA  
TELEPHONE 9781 9333**

**CLARINDA  
58 VINEY STREET CLARINDA  
TELEPHONE 9552 4333**

**PLANNED ACTIVTIY GROUPS  
31 VENICE STREET MENTONE  
TELEPHONE 9583 6970**



# **Sexual & Reproductive Health Service ( Women's Health Service)**

**335 Nepean Highway Parkdale 3195  
Telephone 8587 0200 Fax 8587 0210  
Email : [info@cbchs.org.au](mailto:info@cbchs.org.au)  
Web Site : <http://www.cbchs.org.au>  
Working Smoke Free**

## **Sexual and Reproductive Health Service (Women's Health Service)**

Central Bayside Community Health Services has a Women's Health Service located at three of its main sites. It is staffed by two registered nurses qualified in the area of sexual and reproductive health. A female



doctor is also available at the Parkdale site each Thursday and a male doctor is available at other times. Service locations and days are listed below.

**The service is free.**

**PARKDALE SITE-** Appointments Tel 8587-0200

335 Nepean Hwy Parkdale

Mondays and Thursdays

**CHELSEA SITE-** Appointments Tel 97819333

3/1 The Strand, Chelsea (next door to post office)

Tuesdays

**CLARINDA SITE-** Appointments Tel 9552-4333

58 Viney Street, Clarinda

Fridays

## **The Service Provides Information and Education**

- Preventive health screening: pap smears, breast health
- Contraception: the pill, condoms, and other contraceptive choices
- Pregnancy testing, counselling and referral where needed
- Menopausal health issues
- Screening for sexually transmitted infections
- Education regarding safe sex practices
- HIV counseling
- Advice regarding sexual and reproductive health issues

**ALL CONSULTATIONS ARE  
BULK BILLED**

## **Pap Smears**

It is important to have a Pap Smear every two years to prevent cervical cancer.

A pap smear is a screening test and can pick up more than 90% of cell changes with regular screening.

Victorian Cytology Services recommend that women start having Pap Smears at 18 - 20 yrs old and continue, two yearly, until the age of 70.

## **Emergency Contraception**

The emergency pill can be taken up to 5 days after unprotected sexual intercourse or if contraception has failed e.g. broken condom or missed pill.

The earlier it is taken the more effective it will be.

Speak to a Nurse or Doctor if you are concerned.

## **Breast Health**

- Be breast aware
- Maintain a healthy diet and exercise daily
- Limit alcohol
- Know your breasts and **report any changes to you doctor**
- Women aged 50-70 yrs should have a mammogram every 2 years.